

Elk Point REVIEW

Bringing You the News since 1984

Tuesday, December 9, 2014
Vol. 34 No. 49 • \$1 (GST incl.)

Semi rolls
Driver escapes injury

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History

A half century in the making

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Winning weekend
for Elks

...Page 5



Best bucks of the season

Vicki Brooker photo

Elk Point Oilmen's Association measured up the results of the 2014 hunting season at their annual Big Bucks Contest, with the big wins going to (left to right) Wayne Mudryk for his top Mule Deer, Brendan Bannister, Youth Whitetail, Serena Kochan, Ladies' Whitetail and Brett Gadowa, Men's Whitetail. Jim Bodnar harvested the massive moose and brought it in to display.

Bucks measure up for 2014 trophy wins

VICKI BROOKER
Review Staff

Hunting enthusiasts from Elk Point and surrounding areas converged on the Elk Point Curling Club late Saturday afternoon to wind up the season with the Elk Point Oilmen's Association's annual Big Bucks competition, with numerous stories of this year's hunts shared while just over 30 sets of deer antlers were measured and scored with Boone and Crockett criteria to determine the winners.

That announcement had to wait a while, however, as the event offered ample time for the crowd to admire

the lineup of antlers, which, along with those from two elk and a massive moose, filled two long rows of tables set up in the rink, forming a square with two equally long rows of tables loaded with what EPOA spokesman Brant Evans called "another good haul of prizes this year," listing the many sponsors that had made the event possible, before starting in on the prize draws.

Those who had taken advantage of the opportunity to pre-register before hunting season began qualified for three early bird prizes, with the Youth draw win going to Erin Lychak, the Ladies' prize to Brandi Sakowsky, and the Men's prize to Jamie McRae. The early bird tickets then were combined with those who

entered that day for a vast array of prizes, ranging all the way from ball caps and scented candles to 10 major prizes that included ice augers, guns, a spotting scope, a smoker and an ice fishing tent.

There was also a draw dedicated to those who were not fortunate enough to fill their tags this year, and who entered the unused tags, with Colleen Eyebein that lucky winner.

The final group of winners was made up of those who exhibited the top antlers. Brendan Bannister was this year's Youth winner, his rack measuring 189 2/8 gross, 169 2/8 typical, for the mount sponsored by Prairie Tech.

(Continued on Page 12)

Elk Point getting set to burst into songs of the season

VICKI BROOKER
Review Staff

It's beginning to sound a lot like Christmas in Elk Point, with the calendar packed with music and entertainment for the next 10 days, as we rush toward the holidays.

Keep an ear perked after school tomorrow when the Christian Community Church's King's Kids climb aboard a hayrack to go caroling, with a musical

visit to the seniors at Heritage Lodge as one of their destinations.

Elk Point Community Choir has been on the road for the past week, entertaining in neighbouring towns and are even venturing as far as Edmonton this year, but on Friday night they'll be right at home in the Elk Point Arts and Leisure Centre for their annual Christmas Concert, with a 7 p.m. start.

On Saturday night, the congregation of the Christian Community Church is

excited to welcome Darryl Fraess, who entertained at this year's Canada Day stage show, for a concert following their Christmas banquet.

Sunday brings the Elk Point Baptist Church Sunday School's turn in the spotlight, as they perform their annual Christmas concert, while that evening, the Interfaith Cantata, which brings together the congregations of many of our local churches, will delight the audience with the songs of the season at

St. Michael's Roman Catholic Church, beginning at 7 p.m.

The talented students of Elk Point Elementary School will be showcased next Wednesday and Thursday afternoons at their annual pair of Christmas concerts, where they will be excited to perform their songs and plays for two more capacity crowds of proud parents, grandparents and siblings as they prepare to enjoy a well-deserved Christmas and New Year's break.

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Ditched!

When a semi hauling a massive load of structural steel met the sharp shoulder of Highway 28 on Thursday, the result was a long lineup of twisted metal. Fortunately, the driver was able to escape the spectacular crash without injuries.

Jon Svec photo



Elk Point & Dist. Ag. Society Annual General Meeting

Thursday, December 18, 2014

7:00 p.m.

Horizon Room, A.G. Ross Arena

NEW YEAR'S EVE DINE & DANCE Wednesday, Dec. 31, 2014

Cocktails 6:00 pm; Supper 7:00 pm

Elk Point Allied Arts Centre
4605-57 Ave., Elk Point

Tickets: \$50.00 each; Semi Formal Wear
Cash Bar / ID Required

Contact: Elk Point Realty 780-724-4777
or Home Town Grocers 780-724-3776

Deadline on tickets sales:

Monday, December 22 at noon

Midnight Novelties
and Champagne.

Hosted by the

Elk Point Allied Arts Society

No injuries in semi rollover

JON SVEC

Review Contributor

A single-vehicle incident involving a large transport truck took place near the junction of Highway 29 and Range Road 75 in the early afternoon of Dec. 4.

"The driver was westbound on Highway 29. He essentially caught the edge of the road, and just based on the steep shoulder – and the lack

of a shoulder there – he caught the edge and was pulled into the ditch," said Const. Cormack of the Elk Point RCMP detachment.

"Speed and alcohol were not a factor. The truck was actually going below the speed limit, as he was loaded with about 56,000 pounds of structural steel. Maybe because of the hill grade there, he was going about 85 to 90 kilometres per hour."

Though considerable damage was done to the vehicle, the driver was able to walk away from the incident unharmed.

"Amazingly, despite the complete destruction of the vehicle, the driver was unharmed except for a couple of scratches," said Cormack, adding, "I do agree with the driver's assertion that it is a steep shoulder, which definitely played a role."

MP Brian Storseth invites local employers to apply for Canada Summer Jobs funding

OTTAWA – Brian Storseth, Member of Parliament for Westlock – St. Paul, encourages employers to apply for funding through the Canada Summer Jobs program to help create student jobs.

"Our government's top priorities are job creation, economic growth and long-term prosperity," said MP Brian Storseth. "Through Canada Summer Jobs, we are helping local employers create meaningful summer job opportunities for students, while strengthening our community's economy."

The Government of Canada continues to invest in youth to help them gain tangible skills and job experience while earning money for the next school year.

Funding will be available to not-for-profit organizations, public-sector employers and small busi-

nesses. Young people aged 15 to 30 years old who are full-time students and intend to return to school in the following school year can qualify for these job opportunities.

As of December 1, employers can apply online at www.servicecanada.gc.ca or print an application from the website. They can also get an application by visiting any Service Canada Centre. Applications must be submitted between December 1, 2014 and January 30, 2015.

To help employers complete their application, the Canada Summer Jobs Applicant Guide is available online, by calling 1-800-935-5555, or by visiting any Service Canada Centre.

Sorry about that

Our apologies to Elk Point Insurance, whose parade float was mistakenly referred to as belonging to Elk Point Realty in last week's issue.

Another win for Elks

Elk Point Elks senior hockey team scored an 11-3 victory over Paradise Valley Jets on Friday night.. Read all about it on Page 5.



Let it snow! Let it snow! Let it snow!

It's the winter season again and the County of St. Paul wants to remind residents that snowplowing of private driveways is a service offered by the County. A Snow Plow Agreement must be signed by all residents prior to the service being provided.

Residents can purchase a one-time Snowplow Flag for \$20 from the St. Paul County Office, Elk Point Town Office, and County Public Works Shop. The County encourages residents to purchase several flags at a time to ensure that they do not get stranded without a flag.

The County offers Snow Flags free of charge to seniors. Seniors are provided with a yellow flag that can be left out all winter and the grader operator will clear the driveway when needed. To avoid difficulties, it is recommended that seniors place their flags during the Fall season prior to the first snowfall.

It is very important that Snow Flags are placed in a location that is highly visible to equipment operators and to attach the flag securely.

The County strives to have County roads cleared within five days of a winter storm event. Every effort is made to achieve this goal and the County appreciates your patience.

The County would like to remind residents that when clearing driveways and pushing snow across roadways, they are requested not to leave ridges on the road as this causes unsafe road conditions and impedes our equipment operators in their efforts to remove snow.

The County of St. Paul wishes all residents a happy, safe and festive winter season!



Merry Christmas and Happy New Year!

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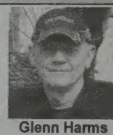
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THANK YOU to everyone who attended our OPEN HOUSE on Extravaganza!

CONGRATULATIONS to our draw prize winners:

Lynn Haland, Fern Sinclair, Lynn Urquhart, Donna Fedorus, Ellen Ziomek.

CHILDREN'S DRAW WINNERS: Chloe Campbell, Ryan Urquhart

NEW LISTING



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MLS # E3396036 \$529,900

New history a half century in the making

VICKI BROOKER
Review Staff

Elk Point Historical Society's latest book was unveiled just in time for Christmas, when its editor, Marvin Bjornstad, brought it to the F. G. Miller High School's annual Craft and Trade Fair during the Christmas Extravaganza.

A more appropriate site could not have been found for the launch, because the book, entitled 'Elk Point Homesteaders,' was originally written by the school's namesake, pioneer physician Dr. F. G. Miller, more than half a century ago.

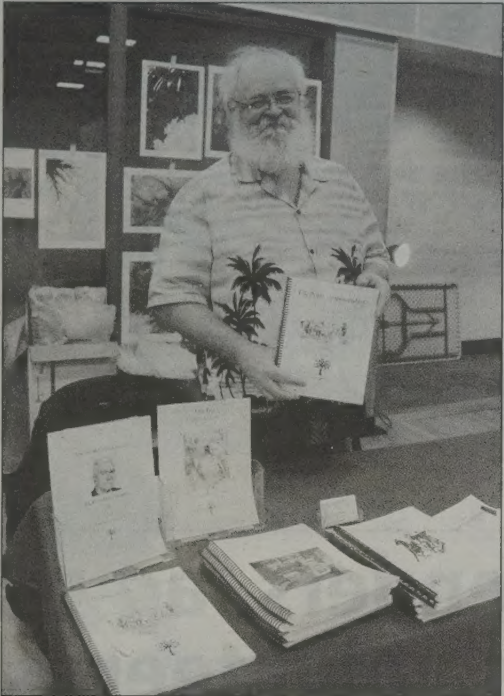
"F.G. was very interested in homesteading," Bjornstad said in the introduction to the book, which includes an essay, "The Homesteading Proposition," on homesteading that Miller wrote at McGill University in 1912. "This book is really a compilation for the early pioneer homesteaders, and some of his photos of his early life, including his homesteads, are included."

The doctor had gathered much of his information from early homesteaders and raconteurs, as well as from interviews with early pioneers that he met as patients in his large medical practice, Bjornstad said. "He was held in high regard in the community and I am sure many were interested in helping him out in his project."

Bjornstad heard of Miller's writings soon after he married the doctor's granddaughter, Heather, "But no one knew where they were. We found the first autobiographical book in

a three-ring binder in (FGM's daughter-in-law) Irene Miller's books when we readied some of her belongings to go to auction." This information became part of 'A

photos and maps to the book by the Historical Society, with maps created by Miller in the 1960s, showing who homesteaded which quarter section and in what year,



Marvin Bjornstad displays a copy of the new publication, 'Elk Point Homesteaders,' at the F. G. Miller High School craft and trade show.

Pioneer Doctor,' published by the Historical Society in 2003 "It was almost lost. We found the second four, two-ring binder collection when we were clearing out (FGM's son) K. C. Miller's workshop in Marwayne in the fall of 2002." These too, he noted, were almost lost.

Bjornstad urges any families who have writings of family history to contact the Elk Point Historical Society regarding preserving them for the future generations. "Too much gets lost every day," he says.

Bjornstad added

paired with modern-day maps showing who now owns those properties.

Copies of 'Elk Point Homesteaders' and 'A Pioneer Doctor', along with 'Our Past' by former Elk Point Review columnist Steve Andrishak, are currently available for purchase at Elk Point Municipal Library, Elk Point Insurance and the Elk Point Pharmacy.

What's new in history Elk Point Historical Society has a brand new addition to their website. Some new district updates of news highlights dating from 1985 to 2013 have been added by Bjornstad and Amy Bullock to the Ferguson Flats site, www.fergusonflats.ca Make sure to check them out.

Elk Point Historical Society president Vicki Brooker presents copies of F. G. Miller's 'Elk Point Homesteaders' and Steve Andrishak's 'Our Past' to high school librarian Denise Bjorkman.



Kids, get those contest entries in!

Just a reminder to all the youngsters between the ages of two and 11 out there who have not brought in their colouring contest entries from the Nov. 25 Elk Point Review.

The deadline to submit your entries and get in the draw to win one of two cuddly Olaf figures is 5 p.m. Thursday,

Dec. 11. One entry will be drawn from entries made by artists age two to six, and one from entries in the seven to 11 year old group.

Can't find your picture? Pick one up at the Review office, 5022 - 49 Ave., behind Elk Point Pharmacy, and get colouring!



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Capsule Comments

by Your Natural Choice Apple Drugs
Pharmacy Manager, Chris Letawsky

- One of the best ways of preventing cancer caused by smoking is to educate your children to never start. Most people start to smoke in their teen years. Talk to your children about all the health reasons why they shouldn't smoke. Also, have them avoid secondhand smoke which begs the question that if you smoke, seriously consider stopping. You'll be doing your children a big, healthy favour.
- Nature continues to supply the sources and inspiration for new drugs. The sweet wormwood plant supplies the key ingredient for a drug called artemisinin which has been developed by the company, Sanofi, as an antimalarial drug. The drug is manufactured semi-synthetically using a special yeast that produces a precursor to the drug. It allows more drug to be made than from all-natural sources.
- Good oral health is a lifetime job and it should start early in life. It used to be the rule that every child should be seen by a dentist by the age of 3 but the Canadian Dental Association is recommending the first visit should be earlier .. at the first birthday. It's a good first step to reducing childhood cavities and developing a lifetime of good oral health habits.
- The world of labelling drug products is fraught with words like plus, ultra and Extra Strength. There is no real definition for what these words mean. Usually it means more of the main ingredient or another ingredient added to the regular formula. It can be confusing sometimes. Read the labels carefully and if in doubt, ask our pharmacists. We're always available to answer your questions.
- Remember, there are no silly questions when it comes to medications.

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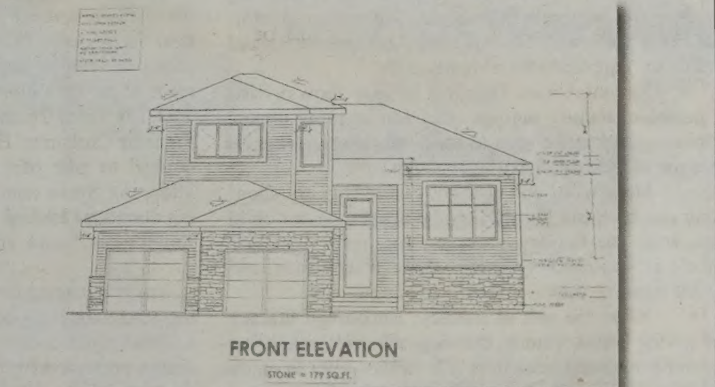
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EDITORIAL

New lights a bright idea

Hats off to the Town of Elk Point, whose new Christmas light displays on street light poles in the downtown area are not only very attractive, they are also eco friendly.

The new lights come in a pair of designs, half being Christmas stockings that are bright and colourful in the daytime as well as showing as lighted silhouettes when darkness falls. The stockings alternate with the second design, a curvy swirl of snowflakes that celebrates the arrival of winter.

On first hearing that the town's new decorations were energy saving LED lights, some of us may have wondered how they would look. Would they be muted and unimpressive, in contrast to the brighter versions we've been used to over the years since the old ones were first installed?

Having seen the new arrivals, we now know that any fears we had were unfounded. These are bright and cheerful, and the money they save on electricity to power them will go a long way to paying for the new lights.

The town is setting a great example for the residents and businesses, who having seen how attractive these lights are, may give serious consideration to going LED when they need to replace their own Christmas lights.

YOUR VIEWS

Winter is family learning time

With kids off school and parents home from work, the winter holidays are perfect for creating family time to play and learn together! ABC Life Literacy Canada offers these holiday family literacy tips to warm your heart—and feed your mind!

- **Family book snuggle:** Gather the family together with a favourite holiday or winter book. Get cozy blankets and comfy chairs, then snuggle in and take turns reading aloud to one another.

- **Make your own cards and gift tags:** Even young children can write or draw on a card to send to friends and family or on a gift tag for someone special.

- **Bake-off:** Get the whole family involved in baking! Following a recipe is a great way to practice reading and comprehension skills. Measuring ingredients and following baking times are practical (and delicious!) applications of math skills.

- **Out and About:** Take in a holiday show or visit a museum. Family outings offer fun learning opportunities—and make sure to read the theatre program and the exhibit descriptions together.

- **Make a list and check it twice:** Grocery shopping can be a fun family literacy activity. Your child can write the holiday shopping list, read signs and labels as you make your way through the aisles, and count items as they go into the shopping cart.

- **Give the gift of literacy:** Encourage literacy by giving books, games, drawing materials, magazine subscriptions and bookstore gift cards—gifts to enjoy all year long!

When you include fun learning activities in your family's holiday time, everyone stays sharp and ready for the New Year. Find more family literacy tips and activities at www.FamilyLiteracyDay.ca.



WAY BACK WHEN...

High tenders, ag pavilion, tireless volunteers, 'B' win

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF DEC. 9 IN...

1984

Town council opened 10 tenders for their new municipal library and was dismayed to find prices between \$214,900 and \$262,000, all well over the expected prices of \$144,000 for the project. The Energy Resources Conservation Board made recommendations regarding noise assessment and corrosion monitoring, and suggested guidelines be developed regarding Pan Canadian Petroleum's application to cyclically stimulate 10 wells using steam and carbon dioxide.

1989

The first step toward a major development was given town council's approval, rezoning 30 acres of land in Alberta Housing's North Subdivision from urban reserve to direct control district, for development of an agricultural pavilion and recreational use area. Elk Point Chamber of Commerce finalized plans for their Christmas Extravaganza, with 30 businesses booked to take part in the Extravaganza Bingo and Shopping Spree contests, additional businesses making donations toward prizes, and the evening including sleigh rides, Santa, entertainment and more.

1994

Lords a-leaping pursuing two comely maids a-milking across the F. G. Miller High School stage – and on a school night, too! – was part of a hilarious Christmas drama presented by the F. G. Miller Famous Players at the school's annual Fine Arts Night. Cooperative 51st Ave. residents who prepaid the cost of new curb and gutter in front of their properties saved the town in excess of \$3,000 in interest on a debenture taken out earlier in the year.

1999

Heinsburg Community Club's tireless volunteers, Vernon 'Babe' Sharkey, Charlie Thomson, Alvin and Grace Meger and Alice Gregor were honoured by Heinsburg Community School at the annual pre-Christmas craft and bake sale. "Who's Your Daddy," a local band featuring young musicians Terry Parenteau, Matt Buksa, Darcy Stafford and TJ Jabush, would be the featured entertainers at the Christmas Extravaganza.

2004

Extravaganza was declared "a tremendous success" by chamber of commerce president Rod Randall, despite the "odd hiccup, but nothing that adversely affected the event," while volunteer participation was improved from the previous year. Joe MacKinnon, Real Fontaine and Mark Verenka displayed the winning antlers at the annual Big Bucks competition.

2009

Elk Point Bantam Avalanche opened the 2009 - 2010 tournament season with a decisive 5-1 'B' side win over Dewberry Colts, with Vermilion winning the 'A' side and St. Albert winning the 'C' trophy. Crowds may have been spread around, but the chamber of commerce members agreed that the Christmas Extravaganza was a great success, with pleasant weather making parade watching and wagon riding more enjoyable than in recent years.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

Elk Point Review

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Canada

A pair of weekend wins for Elk Point Elks

VICKI BROOKER
Review Staff

Elk Point Elks steamrolled Paradise Valley Jets 11 to 3 Friday night that saw the Elks keeping the action in the Jets' end of the rink for the majority of the game, allowing the visitors only 19 shots on goal while pounding the opposing net with 51 of their own.

Elk Point was first on the scoreboard, with second-generation Elk Tyler Loughran scoring off assists by Cody Pazuk and Cam Kryzanowski, who returned to the ice for the first time since a shoulder injury at the beginning of the season.

Paradise Valley tied the game 21 seconds later, Cody Lane assisted by Josh Berg and Jordan Eldridge, but the Elks pulled ahead just after mid period, Mark Brodbin assisted

by Chevy Botting. Goals by Devon Moneta, assisted by Derek West and Scott Ward, and Craig Dallaire, assisted by John Schmitt and Zach MacKinnon, sent the Elks to the dressing room with a 4 - 1 lead after 20 minutes.

Jets goalie Max Kuntz held the Elks at bay for 11 ½ minutes in the second before Botting scored an unassisted goal that was answered only 21 seconds later by PV's Chris Sharp, assisted by Logan Tripp and Casey Berg. The Elks would score a sixth goal before the end of the period, the second of the evening for Moneta, assisted by Ward and Myles Whitford.

The Jets scored their final goal of the game right off the third period faceoff, Tripp assisted by Berg and Eldridge, but the Elks were far from out of accurate shots. Tyler Loughran scored his second of

the night unassisted, before Ward added another to the scoreboard off a helper by Moneta. Botting added two more in rapid succession, assisted by Conrad Pierce and Joel Miller in the first and second and Tyler Loughran in both. A scuffle near the Elks net with just over two minutes on the clock saw goalie Ryan Hahn flattened and taking some time to get back to business. Schmitt retaliated with a well-aimed parting shot with 47 seconds left in the game to bring the final score to 11 - 3 in the Elks' fifth win of the season.

Elk Point 5 - Vermilion 3

And now let's make that the sixth win of the season - on Saturday night, the Elks traveled to Vermilion to take on the Rock, coming home with a 5 - 3 win. No further details were available by press time.



The Elks scoring leader Myles Whitford threads through the Jets' defense on a second period scoring attempt.



Elks Cody Pazuk and Dyson Karbaszewski prepare for another onslaught on the Jets' defense.



Servus supports Senior Elks

Servus Credit Union Elk Point Branch staff members Deena Smith, Jennifer Dallaire and Lorrie O'Reilly presented Elk Point Senior Elks hockey club coach Murray Cochrane with a \$500 donation for the team.



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Dec. 31
opened till 5 pm

Jan. 1 Closed



St. Paul & District

Bird enthusiasts ready for annual count

PAUL E. BOISVERT
Review Contributor

This year marks the 26th time that birders in the town and county of St. Paul will take part in a Christmas Bird Count (CBC). This year's event runs from Dec. 14 to Jan. 4.

As in the past, the report generated for the count will be submitted to Bird Studies Canada, which is then sent to the Audubon Society for their records of all the counts held during this period throughout North America.

Participation in this event is open to all, regardless of the degree of bird identification expertise. The bird count is promoted as a family affair, where family members can all share in the learning. It is also an event that allows residents to devote as much time as they want to the activity and in whatever setting they chose.

A count of backyard feeders is as valid as time spent walking or skiing through a wooded area in the countryside.

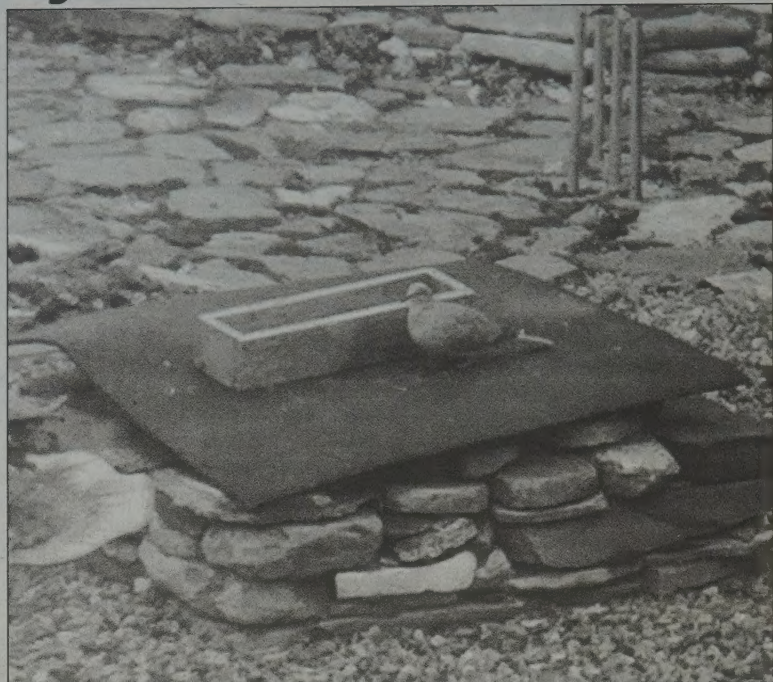
The procedures to follow for this activity are simple. Participants are asked to record the number of birds they observe; the date(s) of the observations; where the observation has taken place

(town or county); and how much time was spent doing the observations.

If a person chooses to do a feeder watch over an extended period of time, the reported count would be generated as follows: On Dec. 15 there are four Chickadees at the feeder; on Dec. 18 there are six, and on Dec. 24 there are eight. The number reported would be eight, because it is the largest number seen at one time.

Once participants have concluded observations, regardless if taking part for only one day or several days, the results of a count should be reported in one of the following ways. By e-mail to hawkowl4@telus.net (note that is 4, not 14) or evenings by phone to (780) 645-3409 (leave a message).

The most common birds observed in this area include: Downy, Hairy, Black-backed, Three-toed and Pileated Woodpeckers; Pine Grosbeaks; Bohemian Waxwings; Black-capped Chickadees; English Sparrows and an assortment of Finches; Snow Buntings; Ruff Grouse; Ravens; Magpies; Rock Doves; Great grey, Northern Saw-whet, Great Horned, Long-eared and Snowy Owls; Blue Jay; Shrike; Nuthatch (white or red breasted); and English Starlings.



Submitted photo

Pictured is a Collared Dove (Eurasian) spotted by Brenda Yuschyshyn at a feeder in the town of St. Paul.

SPERD approves audited financial statements

JON SVEC
Review Contributor

According to a press release issued on Nov. 28, St. Paul Education Regional Division (SPERD) has approved audited financial statements for the 2013-14 school year which show a deficit of \$763,288. This number represents 1.3 per cent of the Division's \$58,405,177 budget – a budget that equates to a total of \$14,050 per student annually, or about \$71 per day.

The press release went on to state that, "The deficit is the result of a reserve distribution approved by trustees last year to address priority facility and student needs. Facility funds were used for school upgrades such as gym floors and improved wireless capabilities, while the school specific funds were primarily allocated for technology, updated equipment and furnishings as well as targeted professional development."

According to board chair Heather Starosielski, the majority of the division's reserve was collected from past surpluses, while some of it was earned through past sales of properties or land.

"It is like our savings," she said. "We try to be cautious with it, and we

want to stay within a certain range. You always want to make sure you have enough to kind of cover up things that could happen. There could be a flood in a school; there could be some emergent needs that come out of nowhere."

Aside from just structural emergencies, however, the board can also choose to use these reserve funds for technological advances or other updates.

"There are some school boards who would like to run with deficits continuously, but for us this past year, we decided that a deficit was the way we wanted to go," she said. "We wanted to make sure we were able to address some of our urgent needs ... and make sure we are running as efficiently as possible."

School modernizations – such as the recently announced updates in Ashmont – as well as new builds like the new Two Hills Mennonite School, don't fall directly under the umbrella of the division's annual budget, as those projects are approved separately by the provincial government. At some point, however, these advancements do affect spending.

"Both projects could have shortfalls when it comes to enhancements such as technology or new equipment," Starosielski

said. "One thing when you get a new school ... is that they don't recognize, necessarily, the new equipment or technology, so you have this beautiful new school, but you may have the same old computers to put in it. We usually try to make sure that our schools are functioning at 100 per cent when they are made new like that."

She went on to add that managing such a large budget, coupled with the fact that SPERD is the areas largest employer, makes for a high level of responsibility that the group does not take lightly. They attempt to make prudent decisions and accurate forecasts when deciding how to distribute the budget and when to dip into the reserve.

This level of caution is particularly important in any financial landscape that has the potential to fluctuate.

"We don't have a way to create income," Starosielski said. "We are funded by grants through the province of Alberta, and seeing that this is a very heated economy when it comes to the energy sector, that's always a concern for us. We've heard recently that the Government of Alberta is talking about belt-tightening and cuts, and we know that could affect us, so that's definitely a concern."

Please join us for the
**INTERDENOMINATIONAL
CHRISTMAS CANTATA**
7:00 pm, Sunday, Dec. 14
at St. Michael's R.C. Church
4410-51 Ave., Elk Point

The countdown
is on:
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SOLD



NEW LISTING

Absolutely gorgeous view -- 26.99 acres on Hook Lake - 6 km west of Elk Point. 912 sq ft log house built in 1976 with a walkout basement and beautiful fireplace. The main floor has a large kitchen/dining/living room area, 2 bedrooms and a 4pc bathroom. Basement is partially finished with a large area as a den, laundry room, cold room, a 3pc bath and a cedar lined closet. Municipal water is available with hook up. Enjoy your evenings on a 10x16 deck.
MLS E3396137 **\$465,000**



NEW LISTING

Country Residential - 144.40 acres located 3 miles north of St. Paul on RR95 with pavement right to the gate. This 1950, 1041 sqft bungalow style home is well built and is situated amongst beautifully grown spruce. This 2 bedroom home has a 4 pc. bath and laundry on the main floor. The country style kitchen has plenty of room for a large dining table where the whole family can get together. Oak cabinets and unique Z brick makes this room warm and inviting.
MLS E3394587 **\$527,000**



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MLS E1021464 **\$189,000**



DERWENT

2 bedroom home in Derwent. This home sits on 3 lots that are 120' X 122'. There is also a 30' X 110' lot across the alley that is part of the package. The home has been well maintained and features newer appliances. The kitchen has newer linoleum and the remainder of the home has original hardwood that has been recently restored to new condition. There is plenty of storage room for all your toys and there is a 40' sea can that will remain on the property...
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Families chosen for Dec. 31 benefit event

JANICE HUSER
Review Contributor

This year's New Year's Eve Family Benefit Dance is looking to help even more locals than in the past. Five families who have undergone trials in the past year will benefit from this year's annual event.

Each of the families took some time to share their stories with the community.

Berezanski Family

The past year included countless hospital visits and an unexpected loss for Ally Berezanski and her family. At her 20-week ultrasounds check-up in July, Berezanski discovered she was expecting twins, but complications arose and shortly after the appointment, she would lose both babies – a boy and a girl.

"It happened fast. It was a lot to deal with," said Berezanski, as she speaks about the past six months. "I didn't know I was carrying twins."

Not long after, Berezanski would find herself back in the hospital, diagnosed with pancreatitis and going for surgery to remove her gallbladder. The following months would see Berezanski, who is also a mother to 10-year-old Kaily and seven-year-old Jasmine, in and out of the hospital.

Thankfully, her mom has been helping care for her two daughters when needed, and she has had the support of her partner, Chris Berlinguette. Berezanski had heard of the Family Benefit Dance, but was "shocked" to find out she was nominated this year.

"Everyone's stories are different," she says, adding, she believes there are likely many other families who could also use the assistance, rather than her own.

"It's a good cause, and it's good to know there's support for sure," says Berezanski.

Diamond Family

On Oct. 15, Debra Diamond unexpectedly lost her husband, following a single vehicle accident in the Lindbergh area. Since then, Diamond says it's been hard dealing with the loss of her husband, while also trying to simply live.

"I'm just amazed at the community support in a small town," she says, adding, she has lives in the area for about six years now, after spending 38 years living in Calgary. "You wouldn't hear about things like this in a big city."

Diamond has five adult sons, and a sixth

under the age of 18.

Dunkin Family

As a single dad, Adrian Dunkin has a 16-year-old son, Garrett, to support, but ongoing medical issues have affected his ability to work.

"It's been a very hard year," he says. "I can't do much without getting tired too fast."

Dunkin has congestive heart failure, blood clots in his lungs, and problems with his hips and back. He admits that when he found out he was nominated for the upcoming event, he too was shocked.

"I didn't realize that people were being helped out like that," he says, adding he appreciates the support from the community.

In the past year, Dunkin says he has realized how important it is to not take life for granted.

"Unexpected things come up, and life changes," he says. Dunkin said he and his son are looking forward to attending the New Year's Eve Benefit.

Kennedy Family

Since the birth of her oldest son, Ashley Kennedy has had to deal with ongoing medical issues in her family. Although 11-year-old Austyn is now healthy, he was born premature, explains Ashley's sister, Sarah Kennedy. Recently, Ashley's second son, seven-year-old Karsyn, was diagnosed with diabetes, and six-year-old Landyn has also battled medical issues, going through a bout of spinal meningitis when he was younger. Landyn is now completely deaf in one ear and seems to be going through issue after issue, says his aunt.

"It's been battle after battle," says Sarah.

The family was also preparing to expand this year, as Ashley and her partner were expecting a child together. But complications occurred during delivery and their baby boy, Decklyn, passed away.

Sarah says her sister has had her own medical issues to deal with along the way, most likely a result of the stress the family faces.

Throughout the year, Ashley has worked with WJS Canada, which is an organization that provides social and human services.

"She's basically like a mother figure everywhere she goes," says Sarah, adding, this past year has been especially hard on her sister's family.

Stepp Family

In August of 2013, the Stepp family expanded when Alycia and her

husband Trevor decided to take guardianship of their niece and nephew, 11-year-old Rayne and nine-year-old Aries. The couple also has three children of their own.

For the past year and a half, the family has been working together to heal and take care of some medical issues, such as Aries' cleft lip and palate, much-needed dental work for the two children, and also Rayne's recent diagnosis of diabetes.

Alycia recalls when she heard about being nominated.

"It was really a tough

day actually," she says, explaining that she was in Edmonton attending medical appointments when her brother called to tell her. "When he told me, I was pretty emo-

tional about it."

Like many of the other nominees this year, Alycia says she believe there are most likely other families in the community who could also

benefit from the event.

But ever since the Stepp family grew in August of 2013, the community has been there to support them.

(Continued on Page 11)

BIRTHDAY

COME & GO TEA
in honor of
ALICE GREGOR'S
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Sunday, December 21, 2014
1 pm to 4 pm at **Vermilion Valley Lodge**
Recreation Room, 4610-53 Ave.
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BERG, Arvid

In loving memory of Arvid Berg, who passed away December 14, 2001.

Lovingly remembered by sister Vera Thir, sister-in-law Norma & numerous nieces and nephews.

OBITUARY

HEFFERNAN, Marge



It is with great sadness that we announce the passing of Margaret (Marge) Heffernan of Elk Point on December 3, 2014, at the age of 91 years.

She is survived by her daughters, Barbara, Patricia, Lorraine, Elaine (Larry), Dolores (Jos) & Sharon (Bob); and sons, Dennis & Frank. She is also survived by 8 grandchildren; 4 great-grandchildren; 1 sister; 1 brother; as well as numerous nieces, nephews, great-nieces & great-nephews. She was predeceased by her husband, Gerald; son, Brian; sons-in-law, Clive & Stuart; daughter-in-law, Barbara; as well as her parents; 4 sisters; & 3 brothers.

Mass of Christian Burial will be held on Saturday, December 13 at 1:00 p.m. at St. Michael's Roman Catholic Church, Elk Point. Reverend Father Gerard Gauthier will be the celebrant, with interment in Ferguson Flats Cemetery, Ferguson Flats. In lieu of flowers, donations can be made to STARS Air Ambulance c/o 5626-51 Street, St. Paul, AB T0A 3A1. To send condolences online, please visit www.gracegardensfuneralchapel.com

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Alberta Government

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Christmas Worship Service
December 21, 2014 at 10:00 a.m.

Christmas Eve Service
December 24, 2014 at 7:00 p.m.

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Review's Sportshound named one of Canada's five Kraft Hockey Heroes

First of all I want to thank my good friend, Peewee Girls Storm team manager Lori Poitras. She nominated me in the Kraft Hockey Hero contest and wrote a brief essay about my hockey addiction. Last Wednesday I was one of only five winners from across Canada chosen to go the World Juniors gold medal final game at the ACC in Toronto on Jan. 5, 2015, my airfare and tickets and one night accommodations paid for plus \$5,000.00 for upgrades to our arena. All that for doing something that I totally



love doing. Fantastic is all I can say! It must have been quite a story, Lori!!!!!! You could see the proud grandparents' smiles all the way across the rink from in my time box; when the **Micro Novice Avalanche** took to the ice for their season opener on this past Saturday morning. And they should, not only are they special no matter how they play, they look to me to be a better bunch of skaters than I've ever seen in the past. Every one of them seems to be able to get on and off the ice without any assistance,

doug
BASSETT
Review Sports

which is really rare. Of course there's the usual bump and grind and we all fall down, but it looks like maybe this group has spent a little more time in Can Skate. Second year player Sebastian Brousseau with a hat trick and an assist, first year player, fire cracker Charlie Lesyk with two goals, "Hurricane Kale" Warawa with two goals and the aggressive Madden "Mad Dog" Flamand with a goal and an assist.

Looks like we will have to remind the **Bantam Avalanche** that the good old hockey game is 60 minutes long, not 40! The game on Sunday against Bonnyville was tied three-all after the second period, the Avalanche played awesome for 40 minutes then went into a little relax mode. I'd say they played a little too nonchalant in the third, taking their time with the puck and committing some costly errors; especially blind passes and giveaways. Two goals against the Avalanche were score while they were on the power play. Bonnyville took advantage of this and scored four unanswered goals in the third. Spark plug Nicholas "Sparky" Anderson on the board with two goals, the "Big O" Brody Odgaard with the single, Chad "Pick Pocket" Poitras, Angus McFarlane and "Warrior Warren" Ference with the assists. Goalie Spencer Hardcastle, after misplaying the first goal, rebounded and stood on his head and gave the team every opportunity in the world to win this one.

It was almost right down to the final buzzer before the **Atom Avalanche** pulled this one out of the fire, scoring the winning goal in the last minute against Mannville here on Sunday in a real back and forth barn burner that ended with a 7 to 6 win for the Avalanche. As hard as they tried they just couldn't contain this guy, six goals including the winner for the slick dancer "Mic Jager" Fontaine. Jaden "Jet Stream" Van Maaron with a goal and two assists, Luke "Sky Walker"

Poulin with the other goals, assists by Jadey" the Lady" Capjack and Daxton Mulgrew.

On Saturday the **Atom Avalanche** traveled to Cold Lake, winning 8 to 5. A super game between the posts for Vanden "Super Mario" Moroziuk, Josef "Red" Theriault and Avery "Whirlwind" Warawa both on the score sheet with goals as well as "Mic Jager," "Jet Stream," and "Sky Walker." Nathaniel Cousins played a strong game, doing some great for checking and working in the corners coming up with the puck.

The last time these two teams met, the **Novice Avalanche** were on the losing end of the big stick, 14 to 1 was the final. But not this time against the tier one team from St. Paul on Sunday; this time they only lost 5 to 1. "King Kong Konnor" Poitras with the only goal assisted by "Timmy Joe" Cardinal. "Kid Kade" Fontaine had a great game between the posts, "St. Nic" Penner, Cash "CC" Capjack, Gavin "Giv'er" Kaduski, "Cyclone Cole" Pierce, "Bo Diddly" Fontaine and Phoenix Quinney all did an outstanding job on the blue line. Sam "Spiderman" Rogal had multiple chances to score, Vaughn Ockerman is getting stronger every game.

Who says girls can't play hockey? The **Plamondon** goaltender has had our **Peewee Avalanche** number this year and once again she shut the boys down on Sunday when Plamondon was in town winning 7 to 2. The Plamondon goalie is a girl! "Lightning Liam" Ludlage with a goal and an assist on "Coast to Coast" Connor Lychak the only other one scoring in this one assisted by "Hammering Hank" Rogal

Now for the K.A. Campbell quote of the week: "Behind the bench is the best job in hockey." Last week's answer to: "Coaches are like ducks. Calm on top but paddling underneath, Believe me, there's a lot of leg movement" - Ken Hitchcock.

Beautiful Babies

OF THE YEAR

2014

It's the Elk Point Review's Annual Salute to the

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WHAT IS THAT? Neighbour Betsy Gridley (Velma Hudson, left) is every bit as puzzled as Lou Ann Hightower (Dorothy Wuola) over the appearance of a mysterious image on Lou Ann's fridge.



WE COULD BE RICH! - Dwayne Hightower (Kelly Burke) points out a tabloid story about the crowds gathering to see a similar phenomenon in another town. Could that happen here? he wonders.

'Messiah on the Frigidaire' an entertaining look inside the news the tabloids tell

Here are a few more highlights from Elk Point Allied Arts dinner theatre production that entertained three delighted pre-Christmas audiences in recent weeks.



TRAILER PARK PROPHET - Betsy, alias Mrs. Gomez, makes another revelation to the horde of believers filling the trailer park.



NO FRIEND OF THEIRS - Mayor Larry Williamson (Don Conrad, right) may have been their school mate, but Dwayne and Betsy have some quite unsavory tales to tell about him, all of which he is quick to deny.

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Visit: CareerStep.ca/MT or
1-888-528-0809 to start
training for your work-at-home
career today!

1040. Careers

**APPRENTICESHIP
OPPORTUNITIES**Millwrights, Welders, Sawfilers, & Heavy Duty Mechanics
High Level, ABTolko Industries Ltd. is a forest products company with marketing, resource management
and manufacturing operations throughout Western Canada. We are now accepting
applications to fill current apprenticeship opportunities at our High Level Lumber Division
which is sawmill, planer complex located in High Level, Alberta. Preference will be given
to those who are registered apprentices at a level of third year or above. Working
contract required. Please include high school transcripts with your application.**BENEFITS OF WORKING IN HIGH LEVEL:**

- Northern Living and Travel Allowances • No PST in Alberta
- Alberta basic healthcare is offered to all residents at no charge
- Excellent pension plan • Full benefits plan

APPLY TODAY! www.tolko.com

1500. Help Wanted — Alta.

OILFIELD CONSTRUCTION
Company requires full-time
Heavy Duty Mechanic to repair
fleet of track hoes, Cats,
graders, heavy trucks. \$40
plus/hour depending on
experience. Must have valid
driver's licence. Send resume:
wrenchitright@gmail.com.**You'll be
SOLD
on the
CLASSIFIEDS**

1040. Careers

1005. Help Wanted

We are hiring

OPERATIONS DISPATCHER

This position is located in Mannville, Alberta.

YOU HAVE:

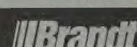
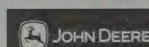
- A minimum of 3 years' experience as an Operations Dispatcher or Superintendent, most of which must be in the oilfield service sector.
- Excellent communication skills and can professionally liaise with a variety of internal and external resources.
- Exceptional customer service skills, whether via phone, text, email, or face to face.
- A proven ability to respond quickly and effectively in pressure filled situations, while maintaining a calm demeanor.
- An ability and willingness to work as a flexible member of a growing team.
- Outstanding organizational skills that allow you to maintain orderly paper and electronic filing systems; including accurate data entry.
- A capability to use smartphones to text, send and receive pictures and documents; including the use of GPS.
- Maintenance and mechanical aptitude.
- A proven proficiency to learn and utilize new software.

WE OFFER:

- A family oriented environment, we have a great team!
- A company vehicle.
- Accommodations near Mannville will be provided in the short term.
- Competitive salary within the oilfield service sector based on qualifications and experience.
- A consistent schedule of 10 days on and 4 days off.
- A benefit plan and 3 weeks' vacation to start.
- All personal protective equipment is supplied.

**Join Our
Team!**To apply for this position, please
forward your resume to:
hr@bdeg.caWhile we sincerely appreciate all applications,
only those selected for an interview will be
contacted.BulldogEnergyGroup.com

1500. Help Wanted — Alta.

**NOW HIRING!**Join our growing team. We have career opportunities available in our
Edmonton location:

- Heavy Equipment Technicians (Apprentice or Journeyman)
- Positions available in the shop and field
- Resident position available in Bonnyville, Edson, Hinton.

Apply online at www.brandtjobs.com. Enter "Edmonton" into the search field on
the Job Opportunities page.Find out more about our exciting career opportunities at
www.brandtjobs.com or by calling 306-791-8923.Brandt Tractor is the world's largest privately held John Deere Construction and Forestry Equipment dealer and a
Platinum member of the Canada's Best Managed Companies Program.**HAHN WELDING
& OILFIELD SERVICES LTD.**P.O. BOX 556 ELK POINT, AB T0A 1A0 e-mail: hahnweld@telus.net

- GENERAL
LABOURERS
- WELDERS
HELPERS
- PRESSURE
TESTER

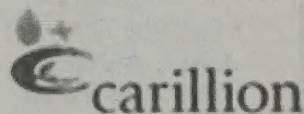
REQUIRED IMMEDIATELY

Contact Kevin at 780-614-4897

Fax resumes to 780-724-3373

Royal Canadian Mounted Police
Gendarmerie royale
du Canada**Detachment Services
Assistant 3
Traffic Services Assistant**

Royal Canadian Mounted Police

Detachments in Athabasca, Boyle, Elk Point,
Vermilion, Westlock, Tofield and RedwaterAnd possible future vacancies
for Eastern Alberta DistrictOpen to persons residing in Canada
and Canadian citizens residing abroad.The Royal Canadian Mounted Police is
currently recruiting for permanent positions
for Detachment Services Assistants and
Traffic Services Assistants. The closing date
for applications is December 18th, 2014 at
23:59 (PST). Please quote reference number
RCM14J-011758-000006.A pool of qualified candidates will be established
and may be used to staff future vacancies for
various locations within Eastern Alberta District
(North East Alberta).For more information about these opportunities,
a list of Eastern Alberta District detachments and
how to apply, visit www.jobs.gc.ca or call Infotel
at 1-800-645-5605.For more information about the Royal Canadian
Mounted Police see www.rcmp-grc.gc.ca.We are committed to Employment Equity.
The Public Service of Canada is committed
to developing inclusive, barrier free selection
processes and work environment.Vous pouvez obtenir ces renseignements en
français.**Canada****HIGHWAY MAINTENANCE WORKER****Carillion Alberta** is currently seeking
Full-Time and Seasonal**HIGHWAY MAINTENANCE WORKERS
FOR THE VERMILION & DEWBERRY AREAS****Job duties may include but are not limited to:**
Operating a snowplow truck, cracksealing, high-
way inspection, sign and guardrail repairs, gravel,
sand or asphalt hauling, paving, etc. Shift-work
and the ability to respond 24/7 during winter
months will be required.Applicants must have a valid Class 3 drivers license
with air endorsement, grade ten education or
higher. Preferred applicants will have construction
and/or hauling experience and a Class 1 driver's
license. Carillion offers competitive wages and
benefits. Carillion maintains a substance abuse
policy.

Please e-mail or fax applications to:

Carillion Canada Inc.
Fax: 780-632-5060Email: drewega@carillionalberta.ca

3010. Auctions
MEIER GUN AUCTION.
Saturday, December 20, 11 a.m., 6016 - 72A Ave., Edmonton. Over 150 guns - Handguns, rifles, shotguns, hunting and fishing equipment. To consign 780-440-1860.

3210. Misc. For Sale
BUILDING FOUNDATIONS - Floors for workshops, granaries, barns, 4"x20"x12" hemlock - \$190. Cafeteria equipment, outdoor rink, pallet racking, lego blocks, generators, chillers, boilers, centrifugal fans, computer floor, UPS. 587-439-7840.

1005. Help Wanted

3210. Misc. For Sale
EVERY WATER WELL on earth should have the patented "Kontinuous Shok" Chlorinator from Big Iron Drilling! Why? Save thousands of lives every year. www.1-800bigiron.com. Phone 1-800-BIG-IRON.

METAL ROOFING & Siding. 30+ colours available at over 40 Distributors. 40 year warranty. 48 hour Express Service available at select supporting Distributors. Call 1-888-263-8254.

4310. Grain/Feed/Hay
HEATED CANOLA buying Green, Heated or Springthashed Canola. Buying: oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. "On Farm Pickup" Westcan Feed & Grain, 1-877-250-5252.

7245. Misc. Services
RURAL WATER TREATMENT (Province Wide)
Iron Filters • Softeners • Distillers • Reverse Osmosis
"Kontinuous Shok" Chlorinator
Patented Whole House Reverse Osmosis System
Water Well Drilling - Within 150 miles of Edmonton, Red Deer, Calgary (New Government water well grant starts April 1/13)
Time Payment Plan O.A.C. for water wells and water treatment
1-800-BIG IRON (244-4766)
BIG IRON Drilling Ltd. View our 29 patented and patent pending inventions online at www.1800bigiron.com



St. Paul Education
REGIONAL DIVISION NO. 1
SUCCESS COACH

F. G. Miller Jr. / Sr. High School is accepting applications for a .50 FTE Success Coach / Instructional Assistant commencing as soon as possible.

- The Success Coach will facilitate group programming and classroom presentations that enable students to make better choices and adopt behaviours to protect their mental and physical health.
- Applicant should be self motivated, energetic and prepared to work within the school / agency teams.
- A degree / diploma in counselling or a related field is not mandatory, however, related experience will be considered an asset.

For additional information, contact Mr. Colin Bjorkman at 780-724-3966.

Please fax resume to 780-724-3039 or e-mail to colin_bjorkman@spcrd.ca by December 19, 2014.

The successful applicant will be required to provide a current Criminal Record Check and Alberta Children's Services Intervention Check.

We appreciate the interest by all applicants; however, only successful candidates will be contacted

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Phone 780-726-2203 or 780-210-0544

STEEL BUILDINGS "Really Big Sale!" All steel building models and sizes. Plus extra savings. Buy now and we will store until spring. Pioneer Steel 1-800-668-5422; www.pioneersteel.ca.

STEEL BUILDINGS/METAL Buildings 60% off 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100, sell for balance owed! Call 1-800-457-2206; www.crownsteelbuildings.ca.

3220. Misc. Wanted
WILD FUR WANTED: Coyotes, fox, shed antlers. Will be at the St. Brides Auto service & repairs across from the Trading Post west of St Paul 1/2 mile south on hi way 29. 1:00 pm Dec 13/14, Jan 24/15, Feb 28/15, Mar 28/15 Elk Point cattle arena @ 3:00pm same dates. Phone 780-755-3860.

4040. Livestock
Oats and Wheat Wanted
Any condition, dry wet or heated. On farm pick-up. Immediate payment. Toll free 1-866-349-2056

THE LLOYDMINSTER Exhibition Association's 96th Annual Pride of the Prairies Bull Show and Sale. Featuring Halter and Pen Shows. March 8 - 9, 2015. Entries Close: January 6, 2015; www.lloydexh.com. 306-825-5571.

5003. Real Estate Misc.
BARGAIN HOMES For Sale. Pigeon Lake - large 2 story, 3 bedroom, reduced \$298,000. Edmonton Riverbend - Deluxe 3 bedroom, 3 bath renod \$454,500. Lawrence Steinke and company realty 780-914-7020.

DO YOU OWN real estate? I offer 1st & 2nd mortgages with no credit check. Get approved today. Call 1-866-405-1228 or email: info@firstandsecondmortgage.ca.

RV LOT OWNERSHIP. Radium, BC (almost half price) \$39,900. - \$49,900. Enjoy golf, lake, hiking, great people. 75% sold; www.mountain-shadows-resort.com. You Tube <http://youtu.be/qcyKuYpE8AQ>. 403-701-4623.

5800. Manuf. Homes - Sale
2013 SRI HOME 20 X 76: mint condition, 3 bedroom, 2 bath \$125,000. 1995 Noble Acceptance 16 X 76: 3 bedroom, 2 bath, available immediately. \$49,000. For more information call United Homes Canada 1-800-461-7632 or visit us at www.unitedhomescanada.com

7245. Misc. Services
BANK SAID NO? Bank on us! Equity Mortgages for purchases, debt consolidation, foreclosures, renovations. Bruised credit, self-employed, unemployed ok. Dave Fitzpatrick: www.albertalending.ca. 587-437-8437, Belmor Mortgage.

CRIMINAL RECORD? Think: Canadian pardon. U.S. travel waiver. Divorce? Simple. Fast. Inexpensive. Debt recovery? Alberta collection to \$25,000. Calgary 403-228-1300/1-800-347-2540

GET BACK on track! Bad credit? Bills? Unemployed? Need money? We lend! If you own your own home - you qualify. Pioneer Acceptance Corp. Member BBB. 1-877-987-1420; www.pioneerwest.com.

8005. Services
FOR YOUR **AVON** REQUIREMENTS
Melanie McRae
780-724-3892
melmcr@live.ca

Benefit

(Continued from Page 7)

With acquaintances and friends stepping up to lend a hand or other things like clothing, "we felt really supported and loved by our family and friends."

Dance

The New Year's Even Family Benefit Dance will take place on Dec. 31 at the St. Paul Rec. Centre. Tickets are now available for the event and donations are also being accepted by contacting Tammy (780) 645-1327 (days) or Lori (780) 614-0781.

All proceeds raised at the event go directly to the chosen families.

Keep the holidays healthy

ALBERTA HEALTH SERVICES

The holiday season is quickly approaching. Foods served at this time of year can often be higher in fat, calories or sugar. If you're looking to make healthy eating part of your party and celebration plans, here are some tips to help.

For holiday cooking and baking, consider making a smaller variety and just enough for the holidays so there aren't any leftovers in the New Year. Here are some healthier substitutions you can make to your holiday cooking and baking without sacrificing flavour: Use plain lower fat Greek yogurt in dips instead of mayonnaise or sour cream. Use herbs, spices, lemon or vinaigrettes to flavor foods instead of cream sauces and gravies.

Switch out whole milk or cream for low-fat evaporated milk or low fat buttermilk. In baked goods, reduce the amount of fat, or substitute a portion of fat with an equal amount of pureed vegetable or fruit such as banana, applesauce, pumpkin, sweet potato or even yogurt.

Make smaller cookies or cut squares and bars into smaller pieces. You can enjoy special foods without giving up healthy eating. When hosting a party try to include some healthy options. Both you and your guests will benefit.

Have fresh fruit and vegetable trays with hummus, salsa and low-fat sour cream or yogurt dips. Serve lower fat cheese and crackers with lean meat.

Offer peeled, unbreaded shrimp with cocktail sauce. Provide lower calorie drinks such as sparkling water with a slice of citrus or berries, light eggnog and skim milk with a pinch of nutmeg. Offer coffee, teas or herbal teas with 1 per cent milk or use flavored coffee beans instead of adding creamers. If offering beverages with alcohol, try a wine spritzer (half wine and half club soda).

Set out smaller plates and offer fewer choices to help keep portions smaller. The more variety there is the more we tend to eat. Set up the food area away from the main socializing area if possible. That way guests can put a few food items on their plate and then walk away from the food table to visit. The longer you stand next to the food, the more you will likely eat.

If there are leftovers after a gathering send them home with guests, freeze them or package them up as meals for later. If you are organizing a party that is catered or at a restaurant choose one that has lots of healthy options. Enjoy the holidays and time spent with family and friends.

Enjoy the holidays and time spent with family and friends.

Be Wise...ADVERTISE

St. Paul Education
REGIONAL DIVISION NO. 1

FAMILY SCHOOL LIAISON WORKER (F.S.L.W.)

REQUIRED FOR

HEINSBURG COMMUNITY SCHOOL

Heinsburg Community School is accepting applications for a full-time Family School Liaison Worker commencing January 12, 2015.

- Applicants should possess a degree / diploma in counselling or a related field.
- The F.S.L.W. will provide one on one support to students, liaison with families and provide consultation to school staff and agency referrals.
- Applicants should be enthusiastic, self-motivated and prepared to work within the school/agency teams.
- Experience with crisis response is preferred.
- Salary to be determined by qualifications and experience.

For further information please contact Bridget Severin at (780) 645-3323.

Forward resume by 4:30 p.m. on December 16, 2014 to:

Bridget Severin
Division Counselling Coordinator
St. Paul Education Regional Division
4313-48 Ave., St. Paul, AB, T0A 3A3
FAX: 780-645-5789
Email: Bridget_severin@spcrd.ca

We appreciate the interest by all applicants; however, only successful candidates will be contacted.

We are Hiring a PARTS PERSON

This position is located in Mannville, Alberta

YOU HAVE:

- Fleet experience, most of which in the oilfield service sector.
- Excellent communication skills and can professionally liaise with a variety of internal and external resources.
- Exceptional customer service skills, whether via phone, text, email, or face to face.
- A proven ability to respond quickly and effectively in pressure filled situations, while maintaining a calm demeanor.
- An ability and willingness to work as a flexible member of a growing team.
- Outstanding organizational skills that allow you to maintain orderly paper and electronic filing systems; including accurate data entry.
- An ability to read and understand technical diagrams and electronic catalogues.
- A proven proficiency to learn and utilize new software.

WE OFFER:

- A family oriented environment, we have a great team!
- Competitive salary within the oilfield service sector, based on qualifications and experience.
- A consistent schedule of 8 days on and 6 days off.
- A benefit plan with health, dental, short and long term disability and life insurance; and 3 weeks' vacation to start.
- An annual work boot allowance.
- All personal protective equipment is supplied.

Join Our Team!

To apply for this position, please forward your resume to: hr@bdeg.ca

While we sincerely appreciate all applications, only those selected for an interview will be contacted.



BulldogEnergyGroup.com

Little Known Fact...

Four out of five Paleontologists agree: Dinosaurs became extinct because they forgot to advertise in their community newspaper!

Get your business off the endangered species list! Advertise today! Call 780-645-3342 for more information.





Big bucks

(Continued from Front Page)

Serena Kochan displayed the top Ladies' Whitetail, measuring 166 6/ gross, 156 net, for a mount sponsored by Xtreme Oilfield Services.

Men, women and youth all took part in the Mule Deer competition, with a mount sponsored by the Oilmen's Association won by Wayne Mudryk, whose antlers had a net score of 159.

Brett Gadwa displayed this year's winner in the Men's Whitetail, winning a mount sponsored by GLM with a rack grossing 167 3/8, net 165 7/8.

Brant Evans had the help of a whole crew of youngsters to pick the names of prize draw winners, while a prize patrol of Elk Point Oilmen's Association members lined up ready to make the presentations, left. Below left, Evans points out the fine points of determining the winners, while below, the crowd admired a great lineup of antlers from this fall's hunting season.



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